

Lesson 2. LESSON PLAN: PLEASE MAKE CHANGES TO THE APPROPRIATE DATE AND TIME FOR YOUR SETTING.

Course Title: Lesson 2. Breaking the Cycle of Suffering - Happiness is the Key to Life	
Duration: 60 mins	Date: TBC
Time: TBC	
<p>Health and Safety Considerations: Prior to training the SEJ Trainer/Facilitator/ Educator must ensure to familiarise themselves with the settings health and safety guidelines and procedures. Which should include but not limited to knowledge of fire procedures, exits, testing of fire alarms, toilet facilities, and first aid availability. These should be supplied by the setting prior to training and relevant information presented to the students before training begins.</p> <p>Students need to have enough space to ensure privacy with their written work, equally to be able to interact with other students easily.</p> <p>Equal Opportunity Issues: (such as language differences)</p> <p>The SEJ is a popular BAME training event therefore prior to training the SEJ Trainer/Facilitator/ Educator must ensure to be aware of any equal opportunity issues to include language differences and catering for special educational needs.</p> <p>To ensure we can cater for the audience needs, we advise completing the SEJ Training Information Pack. This will enable your contact at the SEJ organisation to gain an understanding of your settings requirements and expectations.</p>	
Aim of the course:	
<p>Students will learn:</p> <ul style="list-style-type: none"> • How and why our thoughts about life events cause us to suffer. • Why we identify with our thoughts. • What happens physiologically and psychologically when we believe our thoughts. • The cycle of suffering. 	
Obj. No.	Learner Objectives
	<i>By the end of the session, participants will be able to:</i>
1	Gain awareness of their limiting thoughts.
2	Begin the journey of self-enquiry.

3	Experience how their thoughts and emotions determine the choices they make.
4	See how Einstein broke the 'cycle of suffering'

Time	Obj.No. / Content	Trainer Activity	Learner Activity	Resources	Assessment
2 mins	Welcome and Introduction, Housekeeping Introduce lesson aims and objectives	Introduce Trainer Discuss aims and objectives	Q&A Listening	PowerPoint Slide 1 Pre-recorded video 'SEJ Training – Lesson 2: Breaking the Cycle of Suffering - Happiness is the Key to Life' video recording	Tutor observation, Q&A
7:34 mins	1. Presentation of the topic	Presentation	Listening Writing notes and contribution Q&A	PowerPoint Slides 3,4,6,7 Pre-recorded video 'SEJ Training – Lesson 2: Breaking the Cycle of Suffering - Happiness is the Key to Life' video recording	Q&A
12 mins	2,3 Exercise 1 'My thoughts determine my choices'	Introduce and explain the exercise	Listening Complete the exercise	PowerPoint Slide 8 Exercise sheet: Lesson 2 Exercise 1 My thoughts determine my choices.	Completed exercises Q&A
10:24 mins	1.Presentation of the topic.	Presentation	Listening Writing notes and contribution Q&A	PowerPoint Slides 9-11 Pre-recorded video 'SEJ Training – Lesson 2: Breaking the Cycle of Suffering - Happiness is the Key to Life' video recording	Q&A

10 mins	4. Lesson 2 Exercise 2 Einstein's Quote - class or groups discussion	Introduce and explain the discussion exercise. Divide into groups of 3 or 4	Listening Complete the exercise by participation and discussion	PowerPoint Slide 13 Exercise sheet : Lesson 2 Exercise 2 Einstein's Quote	Completed exercises Q&A Tutor observation
1:12 mins	1.Presentation of the topic.	Presentation	Listening Writing notes and contribution Q&A	PowerPoint Slides 15,16 Pre-recorded video 'SEJ Training – Lesson 2: Breaking the Cycle of Suffering - Happiness is the Key to Life' video recording	Tutor observation
5 mins	Plenary	Oral assessment plenary	Listening Participation and contribution Q&A	PowerPoint Slide 15	Tutor observation oral assessment with show of hands